



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | |
|---------|---------------------------|---------|----------------------|----------|--------------------|-----------|----------------------|---------|--------------------|
| 09:30 | BBB (1) | 09:30 | FIGUURTRAINING (1) | 09:30 | TOTAL BODY (1) | 9:30 | Yoga (3) | 09:00 | PILATES (3) |
| 10:30 | ZUMBA (1) | 10:30 | PILATES (1) | 10:30 | YOGALATES (1) | 10:00 | Cardio & BBB (1) | 09:30 | ZUMBA (1) |
| 11:00 | Yoga (3) | 11:40 | SENIORTIME (4+1) | 19:00 | BBB (1) | 11:00 | EASY CYCLING (2) | 10:30 | BBB (1) |
| 11:00 | EASY CYCLING (2) | 18:00 | FATBURNING (1) | 19:00 | INDOOR CYCLING (2) | 18:00 | BOOTCAMP (1) | 19:00 | ZUMBA (1) |
| 18:00 | FATBURNING (1) | 19:00 | CORE & STABILITY (3) | 20:00 | EASY CYCLING (2) | 19:00 | CORE & STABILITY (3) | 19:00 | INDOOR CYCLING (2) |
| 19:00 | BBB (1) | 19:00 | FTP CYCLING (2) | 20:00 | PILATES (1) | 19:00 | SUGARTIME (1) | 20:00 | FIGUURTRAINING (1) |
| 19:00 | INDOOR CYCLING (2) | 19:00 | ZUMBA (1) | 21:00 | FIGUURTRAINING (1) | 19:00 | FTP-CYCLING (2) | | |
| 19:15 | ZWANGERSCHAPS-ZWEMMEN (4) | 20:00 | ZUMBA (1) | | | 20:00 | FTP-CYCLING (2) | | |
| 20:00 | CLUB POWER (1) | 20:00 | FTP CYCLING (2) | | | 20:00 | AQUAFIT (4) | | TYPE LES |
| 20:00 | PILATES (3) | 20:00 | HATHA YOGA (3) | | | 20:00 | LA BLAST (1) | | Kracht |
| 20:00 | AQUAFIT (4) | | | | | | | | Conditie |
| 20:00 | INDOOR CYCLING (2) | | | | | | | | Mix |
| 21:00 | FIGUURTRAINING (1) | | | | | | | | Body & Mind |



| ZATERDAG | | ZONDAG | |
|----------|--------------------|--------|--------------------------|
| 09:00 | FIGUURTRAINING (1) | 09:00 | FTP CYCLING (2) |
| 10:00 | BBB (1) | 10:00 | FTP CYCLING (2) |
| 10:00 | INDOOR CYCLING (2) | 10:00 | JUST MOVE INTO SHAPE (1) |
| 11:00 | ZUMBA | 11:00 | HATHA YOGA (1) |

PRAKTISCHE INFO

Tarieven

10-beurtenkaart: € 85,00
4 maanden geldig
Of groepslesabonnement

Reserveren

Via de kiosk
Per telefoon: 03 289 289 0
Online www.sportoase.be

Waar gaat de les door?

(1) Groepslessenzaal Sporthal
(2) Cycling zaal
(3) Groepslessenzaal Zwembad
(4) Zwembad
(5) Outdoor

Sportoase

Sportoase Elshout
Zwembadweg 7
2930 Brasschaat
Tel. 03 289 289 0
info.elshout@sportoase.be

Periode

Dit uurrooster is van toepassing
van 18/09/2023 tem 30/06/2024

